



# Northampton Aquatic & Family Center @ JFK Middle School, 100 Bridge Rd. Florence

## Water Aerobics



Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs.

Experienced and certified instructors lead a motivating program set to music. Pre-registration is highly recommended. Walk-ins are welcome (fees listed below), if space is available.

**Fall A: begins week of September 10**

**Fall B: begins week of October 29**

**Winter A: begins week of December 16**

**Winter B: begins week of February 3**

*Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident*

### Early Risers

#### Shallow/Deep Combo Class

Experience a variety of exercises in this class, which begins in the shallow end of the pool and includes some deep water exercise, too, and the use of resistive equipment to tone and strengthen muscles.

**Mon., Wed., Fri. (18 classes)**

**7:00 – 7:40 a.m.**

**\$28/ \$42/ \$52**

### Deep Water Class

Experience a full-body workout and increased range of motion in this class in the deep end of the pool using floatation for buoyancy and resistance.

**Tues. & Thurs. (12 classes)**

**6:00 - 7:00 p.m.**

**\$28 / \$42 / \$52**

### Evening Combo/Awesome Abs

Experience a variety of exercises in this class, which begins in the shallow end of the pool and includes some deep water exercise, too. Resistive equipment is used to tone and strengthen muscles, with the last 15 minutes of class reserved for concentrating on abdominal exercises and thorough stretching.

**Mon. & Wed. (12 classes)**

**5:30 - 6:30 p.m.**

**\$28 / \$42 / \$52**



Registrations accepted at the AFC @ JFK Middle School, 100 Bridge Rd., Florence  
Mon.-Fri., 4-8:00 p.m. & Sat. and Sun., 10:00 a.m.-5:00 p.m., 587-1046 or  
at the Recreation Dept., 90 Locust St., Northampton  
Mon.-Fri., 8:30 a.m.-4:30 p.m., 587-1040 or mail to 90 Locust St.  
[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)